

COVERT: A Handbook

30 Movement Meditations for Resisting Invasion

A person wearing a dark, heavy winter coat and a fur-lined hood is pushing against a large, light-colored concrete wall. The person is in a crouched, pushing posture, with their hands and arms against the wall. The background is a snowy, outdoor setting with some blurred figures in the distance.

Melanie Kloetzel
&
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Covert responds to three converging afflictions in society:

- our growing fixation with spending time looking at a screen
- the proportion of our lives we spend sitting/lying down, as a result
- the invasion of our privacy in the digital age

To address these challenges (amplified in the pandemic) this handbook compiles 30 'movement meditations' that encourage readers to put down their phones and tablets to reclaim both an active and contemplative lifestyle, one that is integrated with, and inspired by, our surroundings.

Covert joins-up inner reflection, subtle physical play and public space to suggest ways to resist invasion and activate the self in an era of sedentary screen time and surveillance.

Using 30 carefully crafted 'movement meditations' – each with an accompanying photo to explain it – **Covert** outlines a simple but enlightening, embodied practice that we can use to defend and preserve ourselves in the everyday world against the intrusion of digital media and the surveillance state.

The **Covert** practice helps diminish the lure of the screens, sidestep invasive scrutiny, and nurture the dialogue between our conscious and unconscious selves. By prioritizing introspective interactions with the quirky and complex world around us, **Covert** shows we have the means to cultivate our interior and imaginative selves through a dynamic, physical engagement with the wider world.

The Authors:

Melanie Kloetzel and **Phil Smith** are internationally renowned performance and movement arts practitioners. Melanie is director of dance theatre company kloetzel&co and co-director of the art intervention collective TRAction. She is Professor of Dance at the University of Calgary. Phil is a writer, performer and researcher, specialising in walking, site-specificity and mythogeographies. He is the company dramaturg of TNT Theatre (Munich) and Associate Professor at the University of Plymouth.

Covert is a compact handbook of somatic scores that can be used by anyone who wants to lessen their digital dependence and deepen their connection with their surroundings, including people who work in personal development and therapy, as well as walking artists, writers and anyone with an interest in movement, somatics and meditation.

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